

**GOVERNMENT OF INDIA
DEFENCE
LOK SABHA**

UNSTARRED QUESTION NO:592
ANSWERED ON:26.02.2016
Yoga for Defence Personnel
Roy Prof. Saugata

Will the Minister of DEFENCE be pleased to state:

- (a) whether the Government proposes to start Yoga for defence personnel to reduce stress and strain in all the three services;
- (b) if so, the details thereof; and
- (c) if not, the reasons therefor?

Answer

MINISTER OF DEFENCE (SHRI MANOHAR PARRIKAR)

(a) & (b): Yoga is already being practiced in Armed Forces under the aegis of respective Service directorates. 157 Ground Training Instructors (GTI), trained at Morarji Desai National Institute for Yoga (MDNIY), Delhi, have been posted in various Air Force Stations for conducting Yoga classes for service personnel. Indian Navy has developed in-house expertise at Command / Unit level by identifying Officers and sailors having aptitude for teaching Yoga and get them trained at local Yoga Training Institutes. Certified Yoga courses are conducted at Indian Naval Physical Training (INPT) School for Physical Training Instructors and Ex-Sports Quota Entry Sailors. Yoga has also been included in physical training twice a week onboard ships / establishments and in physical training curriculum at Indian Naval Academy (INA) for Naval Cadets and INS Chilka for naval recruits.

(c) Does not arise.
